

Methodist Dimensions

RUPERT UNITED METHODIST CHURCH

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FEEDING MIND, BODY, SOUL

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“The Cure for Disappointment”, by Rev. David Madden

What are your fears today? Fear of failure? Fear of rejection? Fear of health problems? Fear will certainly cause feelings of discouragement in our lives. When you're discouraged over fear in your life, you can become paralyzed; not knowing what to do next. Fear renders us unable to think clearly. So, eventually, we get discouraged and give up.

What is the cure for discouragement? First of all, rest your body and your mind. One of the simplest and best things you can do to help with discouragement is get away and get some rest. But what do we do instead?

We make excuses that we don't have the time to rest. God created your body to work, and to get the rest it needs in order to do the work that is required. Rest is so important that God made it one of the top 10 commandments.

Another way not to be discouraged is to pause and reorganize your life. When you are discouraged, it doesn't necessarily mean that you are on the wrong path. It may mean that you're simply discouraged. It's always a good idea to pause and evaluate your progress. That way you can make the necessary adjustments, so you won't get discouraged and quit. If you want to lose some weight, reorganize your eating patterns. If you're over committed, reorganize your time. To beat discouragement doesn't mean that you give up and quit, simply reorganize and do things differently.

Also, if you are feeling discouraged reach out to your church family for help and ask us for encouragement. That's why we are here. Scripture tells us to love one another, encourage one another, serve one another, and pray for one another. We need the support of our families at home and at church in order to keep from becoming discouraged. If you're feeling discouraged today, reorganize, make some changes, and find support from your family at home and at church.

And finally, always remember to keep God in the process. When we forget to ask for God's strength and guidance, we will become discouraged, lost, resentful, frustrated, and angry. God is our source of power that we use every day to strengthen and guide us as we go about our daily activities.

So, how do you respond when you get discouraged? Do you blame yourself, or do you blame someone else? The people, who have learned to win in life, have learned how to get back on the horse after getting bucked off. John Wayne said, "Courage is being scared to death but saddling up anyway." Successful people see failures not as an end but as a temporary setback. The death of Jesus on the cross was not a failure; it was only a 3-day set back.

Sometime this week you will find yourself frustrated. And then it's decision time. Are you going to give into the fatigue, the frustration, and the fear? Or, will you pause, reorganize, reconnect with God, and allow God to give you the strength and encouragement you need to keep fighting until you have won? Amen.



Abundant Health

How walking affects the body



Thursday, April 4 – Lenten Lunch @ Burley UMC
12:00 p.m. Speaker: Rev. David Madden

Tuesday, April 9 – St. Nicholas Mime Troupe
12:00 p.m. RUMC Sanctuary/lunch after

Sunday, April 7 – Bell Choir Plays – Choir sings

Sunday, April 14 – Palm Sunday- Palms, Choir

Thursday, April 18 – Maundy Thursday
No Service

Friday, April 19 – Good Friday – No Service

Sunday, April 21 – Easter Sunday
Sunrise Service @ Paul Cemetery Chapel 7 am
Worship with Communion @ RUMC, 11:00 am
Easter Egg Hunt during Hospitality Time



The Camp Team thanks those who participated in the Annual Camp Sunday Lunch and Auction, on Sunday, March 17. A special thank you goes to the best auctioneer around, Carl Van Tassel, always making the auction so much fun. This year you all helped raise \$3,120.50 to help send youth to Summer Camp at beautiful Camp Sawtooth.

Talking about camp, this is a recent picture of the south side of the main lodge. There is a deck somewhere under all that snow.

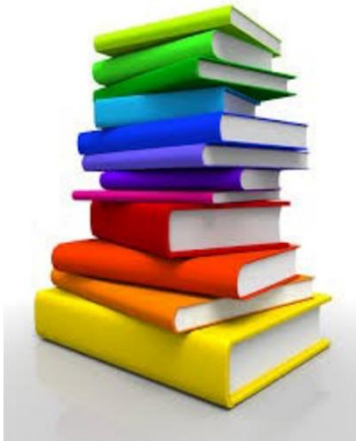


BOOK DRIVE

300 New and Gently Used Books Needed

Books to be distributed in conjunction with **JULIE'S CLOTHES FOR KIDS** (in memory of Julie Breshears) providing school clothes and educational resources for children in need.

(Books should be appropriate for students ages 5 to 18)



Drop-off by **APRIL 28th** to:

Church Foyer

Public Schools

Burley - Young Automotive

Paul - Swensen's

Rupert - Ridley's

THANK YOU!

See <https://youtu.be/ATiSSJ5VS68>

Mini-Cassia Event: August 9, 2019



Brought to you by
Young Caring for Our Young

501(c)(3) Non-Profit Organization

We have been asked to participate in the above book drive for ages 5 to 18. There is a box in the foyer for your convenience in depositing your book donations. This will run from now until April 28th, at which time all books will be picked up and distributed as described in the above poster. Thank you for your participation.



We will be asking the Day Care people to help us by keeping watch of their heating practices as well.

All of these practices will apply to air conditioning in a couple of months.

THINK ACT SAVE

Our electric bill is on a level pay program through the city. They refigure our usage every June and adjust the level pay amount for the year. This winter our usage has exceeded our level pay amount at least twice. Here are a few things you should each be aware of to help us save on our electric usage.

- **We have a new heating system in the kitchen and the conference room. Please keep the door between these rooms closed, as well as the main conference room door.**
- **Please close the swinging kitchen door before you leave the building.**
- **If you turn heat up for a meeting in any room, please turn it down to 65 when you leave.**
- **If you are working on food pantry days, and turn the heat up in the foyer, or the pantry room, please turn both down before you leave.**
- **The new heat/air system in kitchen & conf. room has a leak. Until it is fixed, please do not use system. Use old baseboard heat in conf. room.**
- **If you are the last person to leave the building, please turn off all the lights.**



Kris Sömsen ironing/Barbara Noss in back



The United Methodist Women held their most recent work meeting at the newly opened Magic Valley Area Humanities Center. They packaged hygiene kits, crocheted warm covers, worked with plastic bags woven into mats for the homeless, and whatever else needed done.



Barbara Rodgers, Chris Paulson, Sara Fowler



Jess Hess, Peggy Hess, Margaret Cameron



Leila Allred & Joyce Orem



Long time member, Elsie Gular passed away on March 17, 2019. Per her request there will not be a service, however Elsie's family is suggesting any memorials donated be designated to either the RUMC Open Hearts Food Pantry, or Memorials to be used where needed. Thanks



The United Methodist Women will be hosting St. Nicholas School's Mime Troupe on Tue April 9th at noon, in the Sanctuary. We invite everyone to come enjoy this wonderful depiction of the Passion. There will also be a luncheon for the audience and the performers after the play and everyone is invited to come enjoy lunch and meet the students.

The Hooks and Kneedles Ministry Team would like to thank everyone for the overwhelming response to the initial launch of this really fun ministry. We have already received over a hundred of the afghan rectangles plus donations of yarn.



If you are interested in helping, please contact Mike Noss, or Kris Somsen

KEEP IT UP PLEASE! We are going to try putting some of these together soon and will bless them in church before sending them off.



The Education Team will have the Annual Easter Egg Hunt on Easter Sunday during Hospitality

They are asking for donations of plastic eggs and individually wrapped candies. Please have your donations to the church by Palm Sunday. Nanette Eilers is head of the Education Team.

Thank you for helping!

HAPPY EASTER